

# TMI Focus



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## FINDING THE WAY HOME

by Laurie A. Monroe



“Love can’t be taught, can’t be bought. Love can’t be learned. It is generated within the individual in response to an external stimulus. The individual has no control over this generation. Once initiated, it may be layered over or sublimated but never destroyed. It will always be there, glowing quietly within you. Physical death has no effect upon the reality of its existence, as such energy is neither dependent upon nor a part of time/space. The most consistent and visible facet of this love energy is probably mother love.” ~ Robert A. Monroe, *Ultimate Journey*

December 27 was a quiet day. Lying in bed that morning, I was thinking about the day of my birth. My thoughts naturally turned to my mother, who was in the hospital in a coma. She had begun the dying

process. I had been with her the day before while listening to the *Homecoming* exercise from *GOING HOME*. In that other reality, we were running through a garden of many beautiful flowers—all in stunning colors. She was very young, almost childlike, and seemed very happy. I felt that same feeling when I woke from my light sleep that Sunday morning. It was a feeling of freedom, the lightness of a young child with no cares, no responsibilities, and no worries because everything is taken care of. It was wonderful to experience, even for a moment, and I gave thanks for the many times my mother had created that space for me in childhood.

I had visited my mother in the hospital on Christmas Day. She looked at me as if to tell me that I

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## A PROMISE KEPT

by Dan Bailey



In 1996, Dan Bailey was diagnosed with an extremely rare type of malignant lymphoma. Neither standard treatments nor holistic interventions had a major, lasting impact on the disease’s progress. Then Dan and his wife, Jennifer, followed intuitive guidance and attended a GATEWAY VOYAGE in 1998. Dan continued to use Hemi-Sync intensively following the VOYAGE and also requested healing support from the Institute’s Dolphin Energy Club. On January 19, 1999, he shared the outcome in this e-mail message.

I have to say that this is the happiest day in our lives since August 8, 1996. Let me explain before I tell you the results. The cancer I was diagnosed with, Waldenstrom’s macroglobulinemia, causes the affected lymphocytes to produce an excessive amount of an antibody known as IgM. The abnormal antibody production can make blood literally too thick to flow properly, along with many other symptoms.

Medical science has only two ways to bring IgM levels down: plasmapheresis (a temporary fix by

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WAY VOYAGE; however, she kept postponing a venture into one particular area. A "chance" encounter with the winter 1999 quarterly tape forced the issue. Tania sent this e-mail report on January 18, 1999.

Coincidentally, at a recent dinner with my nieces I wound up relating my experiences at TMI—a near OOBÉ with violent head vibrations at the VOYAGE, visits to the nonphysical energy realm [Focus 27] during *LIFELINE*, and encounters with my late husband and other deceased relatives. A few months earlier, a doctor friend who is using the *GATEWAY EXPERIENCE* and wanted to have an OOBÉ had asked when I was going to do it. I jokingly replied that the mission was postponed because of my marriage plans. Then I met an American friend who is very interested in metaphysics but unsuccessful at OOBÉs.

grammed to happen. Events feel predestined, like the itinerary is already mapped out. On January 16 my quarterly tape, *Scanning the Band*, arrived. It's an exercise for moving beyond physical matter perception and lingering to enjoy one's favorite vibrational state. One more "coincidence" prepared the way for my experience today. I awakened at 5:30 a.m. It's my habit to stay up when that happens. After going downstairs, downloading and answering mail, and web surfing, I felt sleepy. At 8:00 a.m. I decided to take a one-and-a-half-hour nap using the new tape. There were no expectations whatsoever. I was just plain sleepy and tried to concentrate a little on the tape instructions. I relaxed deeply and did resonant tuning, breathing positive energies in and out, popping a ball of energy down and around. At that stage there was a difference from the other times but exactly what it was is indefinable now. My relaxation deepened and, at some point, I must have clicked out.

I zzzzzoooooooooommed horizontally across the room, a little frightened now of knocking into the wall. I went right through it with no pain! Probably I flew through quite a few walls/articles too fast to know what they were.

Next, I was in the air at maybe a forty-five-degree angle and a strong arm was around me on my right. I was flying with my guide! It was almost like flying with Superman except my guide is female. How nice to be supported on my first trip out instead of feeling lost. I felt the air against my face and clung to my guide. My mind said, "Oh, I better hang on tight; if I let go I would fall." We landed on the wooden platform of a pier. I finally saw my guide's child-like face. Subsequently, I noticed some people behind us and we walked on and entered a restaurant. The people inside were not Chinese as I would have expected. From that juncture onward, my recall is hazy. Quite abruptly I was in my body. Despite my attempts to note the sensations while coming back, there weren't any significant perceptions. Besides being ecstatic, dizzy, giddy, and ready to tell the world, I was exceedingly hungry! Someone asked me how I could tell this was an OOBIE rather than a lucid dream/illusion. I don't know enough to answer that, but it was certainly real at the time.

My “blastoff” happened in broad daylight. Since then I’ve only played *Scanning the Band* at bedtime. It’s interesting that—unlike other Hemi-Sync tapes I’ve tried—with this one there’s a “heavy as lead” feeling in just my arms. Maybe if I got really “beat” and my whole body felt that way, it would trigger another OOBIE. So I’m still experimenting, trying to find the “recipe” without being anxious. I know it will happen again and again.



## IT TAKES A TEAM TO BUILD A DREAM

Participants in TMI residential programs routinely acknowledge the central role our trainers play in the quality of our workshops. Competent, compassionate, tireless, they are masters at "holding the space" for in-depth exploration and personal transformation.

Eleven of our thirteen trainers gathered recently at Roberts Mountain Retreat for a weekend with the TMI management team. Our purpose was to harmonize and solidify our bonds as a cohesive team committed to effectively furthering TMI's vision and mission.

Enjoying the special ambience of the beautiful mountaintop setting, everyone settled in to listen to newly created tapes, share in open discussions, and reaffirm common commitments and directions. One highlight was a session titled "Spirit and the Coming Millennium," in which TMI's role in the larger vision or "Divine Plan" was discussed in terms of how this might affect our programs and the kinds of experiences reported by our participants.

A surprise field trip into Charlottesville provided an evening of spirited laser tag ("Hey, RoboDuck, watch out for Dalai Mama!"), followed by a sumptuous dinner at a local restaurant. The weekend closed with an expertly guided group drumming session, which evoked metaphors of individual rhythms and styles coming together and blending into a harmonious and powerful concert—a chorus joyfully singing its way into the twenty-first century.



From left to right: Franceen King, Karen Malik, Penny Holmes, Charleene Nicely Gallenberger, John Kortum, Laurie Monroe, Darlene Miller, Ann Martin, Joe Gallenberger, Bob McCulloch, Sylvestre Gorniak, John Cahill



## CAN DOLPHIN ENERGY AND HEMI-SYNC HELP CONQUER COMA ?

Richard Lewis heard about The Monroe Institute during a remote viewing class. He went home, checked out our website, and immediately ordered Waves I-III of the GATEWAY EXPERIENCE. When he heard that Andy, the son of friends, had been in a coma since a car accident in November, 1997, Richard remembered reading about the Dolphin Energy Club (DEC) on the Web. He obtained parental permission and e-mailed a DEC request for Andy on January 7, 1998. Richard said, "This family is really desperate and traditional medicine has done all it can do." He followed up on suggestions for appropriate Hemi-Sync tapes by purchasing H-PLUS Brain: Repairs & Maintenance.

Andy received Dolphin Energy Club support from January 8 through 27. On January 27, Andy's mother, Marie, completed and returned the DEC receiver's report. She wrote, "Andy is in a coma and

cannot respond on his own. He continues to improve a little each day. He got the trach [tracheostomy tube] out on Tuesday, January 13. We have seen more movement since then. He is still not consistent in his responses but he is more alert. He is on a minimal amount of medication at this time. He is definitely lighter in the coma. With the support of family and friends we know he will keep getting better. The power of prayer really does work. Thank you for continuing to send positive healing thoughts to Andy." DEC members received this encouraging news in their April, 1998, update letter.

Then, in September, Richard sent a newspaper photo of a smiling Andy in a rehabilitation center pool and the following letter. "I wanted to take a moment to send this picture to you to share with those in the dolphin group who participated in the healing event this past year

of Andy. He was the last surviving child of two colleagues of mine, following the loss of their teenage girl in an auto accident last year. If you recall, I contacted you following Andy's solo car accident last November, and the doctors told the parents his chance of survival was slim and if he were to survive that it would most likely be in a vegetative state. When I contacted you, Andy was in a coma. It was shortly after you began your healing work that Andy seemed to make major strides in his health. Today he is still struggling with some things that we all seem to take for granted. He is, however, out of the coma and no longer confined to a wheelchair. All remarkable strides for a person whom the doctors had written off not too many months ago. Thank you for your work. I believe you had a very real hand in the healing that has taken place in Andy."

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## FINDING THE WAY HOME

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shouldn't be there. I repeated that Mother's dog, India, her most loved companion and friend, was fine and that she could visit India at will by simply thinking of her. I played *Higher*, one of our METAMUSIC tapes, and spoke to her calmly and gently, telling her that she was free to go and do whatever she wanted. I know that she heard my voice as I continued my reassurances that loved ones and many others were there to help. Mother opened her eyes and looked to the ceiling as if she knew—as if she saw them—then closed her eyes again. I sensed the presence of many spirits in the room and understood that this process would not go on much longer. I lovingly asked for Divine Light to enfold her and aid her to release any fears restricting her from moving forward.

Mother died on December 27 at 9:50 p.m.

Throughout her transition, she listened to the *Relocation Theme* from GOING HOME. It was, perhaps, not coincidental that she died on the same day that I remembered our shared experience. It might have been her way of

confirming to me that she had found her way to Focus 27. Certainly, my trust in Spirit helped her and I give thanks for all who participated and assisted in the process—physical and nonphysical friends.

Writing in my journal that night with music playing in the background, I felt enfolded by Spirit. Mother was resting now in the Focus 27 Healing and Regeneration Center. Soon she would discover her freedom from physical constraints and limitations. Her life experience Here would have exquisite value for her continuing journey. I went to bed with an overwhelming sense of peace and feelings of gratitude for Mother's love and guidance

throughout my life. At the same time, it was as if I'd lost a part of me—yet my Higher Self knew this was untrue. The separation is only physical, since we are truly one.

This personal experience reaffirmed the great value and importance of our LIFELINE program. Since attending the inaugural LIFELINE in 1991, I have traveled the pathway to Focus 27, and later to the Healing and Regeneration Center, many times with frequent sidetrips into the vastness of Focus 27. Once this pathway is known, you are prepared for the task that all of us will eventually confront—dying physically.

Through LIFELINE, innumerable individuals from all walks of life have come to know that they survive physical death. LIFELINE was intentionally designed to be effective regardless of participants' specific beliefs and to instill knowledge through direct experience. The theme of the program is "service"—service to those who are no longer in physical existence and need help to detach from this Earth Life System. Those who have prepared themselves beforehand, or have been prepared by others, can more easily sever their physical ties. Once you have been in the Focus 27 energy, you know that an essential part of you exists There and that you are always connected to that part. The conscious awareness of being a part of the whole gives you freedom to experience the limitless being that you are and to live your life to the fullest. In this knowing, your appreciation of There transforms your physical life Here.

I encourage each of you to "find out for yourself" and to prepare for our ultimate encounter—the transition to There. What wonderful freedom, to Know that love—our purest energy—transcends the boundaries of time/space and that our core selves truly do survive physical death! See you in 27,  
Laurie



## DOLPHIN ENERGY

*Continued from page 3*

"On June 10, 1998, Peter J. Van Der Schaar, MD, PhD, a member of the TMI Professional Division, faxed a request to recommend and ship tapes for a teenage boy who was in a coma following a traffic accident. METAMUSIC Remembrance, Einstein's Dream, and Baroque Garden, which promote alert mental focus, and METAMUSIC Sleeping through the Rain, which moves the listener in and out of the normal stages of sleep, were air mailed to the Netherlands on June 11. At that time, the youngster was "on a respirator and stable." Dr.

Van Der Schaar said, "His family wants to pursue anything that could help. They were very interested in Hemi-Sync."

On July 13, Dr. Van Der Schaar reported by fax that "the tapes for the comatose boy are being used intensively. From almost zero reflexes, at three weeks post-accident, he can now breathe spontaneously, has pain reflexes, and also, sometimes, clenches his brother's hand as a response to questions. It would be very interesting to ask him, in due time, if he can remember the tapes."

Dr. Van Der Schaar's September 22 update was even more exciting. "A quick update on the boy for whom I

used the tapes that you recommended for coma. He is doing very well. He is out of coma but still has partial paralysis. He likes the tapes so much that he takes them along with him from the clinic when he visits home or the rehabilitation center. Good result, isn't it?"

A final report on October 16 gave complete details. "On June 6, 1998, sixteen-year-old Jadus hit a car head-on with his scooter and was catapulted over the bonnet against the windshield. He landed several meters beyond on the road shoulder. He was admitted to the ICU of a university hospital with brain and

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## DOLPHIN ENERGY

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brain stem concussions, which were confirmed by MRI scanning and EEG. He needed artificial ventilation because the brain damage had also affected the respiratory center. Multiple fractures in his left hip were later detected. At that time, his chances for survival were estimated to be poor.

"Jadus was in a coma for approximately six weeks, but recently he seemed to remember some events of the last period of his coma. The tapes for alertness were administered randomly throughout the day, and *Sleeping through the Rain* at 11:00 p.m. Whenever he became restless at night, the tape quieted him down, 'as if a switch was thrown.' The other tapes remarkably changed his behavior during the day, with the change being perceptible a few minutes after application.

"June 30, he was discharged from the ICU. Although still unconscious, he could breathe spontaneously through a tracheostomy. Gradually he regained consciousness and was eventually moved to a rehabilitation center when he could understand 'yes' and 'no' and respond by gestures. In this center the staff was also convinced that the tapes, with almost immediate effect, were helpful for restoring emotional balance and improving sleep. His speech improved fast. At this time Jadus is allowed to come home on weekends, but he always insists on carrying the tapes along with him. He has not been able to walk yet.

"Of course, it is difficult to scientifically prove that the tapes were instrumental in his progress. But it is undeniable that within minutes—at least—they improved unconscious erratic behavior. Also remarkable is his apparent attachment to the tapes, as if he is aware that they have contributed substantially to his progress."

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## QUARTERLY TAPE

*Inner-action*

The statement "You create your own reality" is now a cliché. But how does it translate into daily life? What is the process through which the insubstantial becomes substance? With the aid of Hemi-Sync and gentle verbal guidance, you can observe the *Inner-action* of your living thoughts and strengthen your co-creative partnership with All That Is.

## A PROMISE KEPT

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filtering the blood) or chemotherapy. Here's a quick rundown of my IgM counts for the last two and a half years. A normal count would be in the 40-230 mg/dl range.

August 8, 1996—5,700 (my diagnosis day).

September 1996—7,100 (down to 5,000 after a plasmapheresis).

October 1996—7,400 (back down to 5,000 after a plasmapheresis).

November 1996—5,500 (started chemotherapy).

February 1997—2,400 (after chemotherapy).

March through December 1997—2,600, 2,800, 3,000 (steady increase).

March 1998—3,400.

September/October 1998—3,850.

November 1998—GATEWAY VOYAGE.

December 1998/January 1999—Dolphin Energy Club (DEC) tape, DEC members sending me energy, visits to the Focus 27 Healing and Regeneration Center, and no changes in the foods or herbs I've been taking.

Of course, I wanted to be completely cured but—as I was driving to get the results today—I hoped for at least a 100 or 200 mg/dl drop, just a little change to show that at least something was working.

January 19, 1999—1,457.

That's a 2,400 difference! The low-

est since I was diagnosed! In the medical world this *does not happen* without chemotherapy. IgMs just don't decrease by themselves. In my case, even the chemo couldn't get it down that far. All my other tests—CBC, other counts, and viscosity—are normal. I can live with 1,457, but we will work on getting the IgMs to normal. The doctors and nurses in Charlotte, North Carolina, are in shock right now. It is completely unheard of for counts to drop 2,400 points without chemotherapy!

Jennifer, David (my son), and I are also in shock. Lots of happy tears have been flowing. I am so elated, I'm in a daze. I don't know what to say. I knew something was happening but I really was not expecting this. I am so happy. I feel so free. It's like this door has been opened for us. I feel like we have been given brand new lives.

I want to thank you all and all the DEC members. Thanks to everyone for their love, caring, and taking the time to send us energy. I guess the biggest shock is that this is what my guide told me was going to happen when he sent me to The Monroe Institute. He said it would happen, and now that it has, it's awesome. I am also glad because this will give hope to others by showing that the TMI residential courses, the tapes, the concepts, DEC, and my own energy dolphin do work!





## THE MONROE INSTITUTE PROGRAM SCHEDULE

Programs marked RMR will be held at Roberts Mountain Retreat. All others will be held at The Nancy Penn Center.

### 1999

#### **BEYOND EXPLORATION 27**

(For *EXPLORATION 27* Graduates)  
September 22–26 (RMR)

**BILINGUAL LIFELINE** (French)  
October 23–29 (RMR)

#### **EXPLORATION 27**

(For *LIFELINE* Graduates)  
May 1–7 (RMR)  
June 5–11 (RMR)  
August 14–20 (RMR)  
November 13–19 (RMR)

#### **GATEWAY VOYAGE**

April 10–16  
May 1–7  
May 15–21  
May 22–28  
June 12–18  
June 19–25  
June 26–July 2  
July 10–16  
July 31–August 6  
August 14–20  
August 21–27  
August 28–September 3

#### **GUIDELINES**

(A Graduate Program)  
April 17–23  
July 17–23  
September 11–17  
October 30–November 5

#### **HEARTLINE**

June 19–25 (RMR)  
October 2–8 (RMR)

#### **LIFELINE**

(A Graduate Program)  
April 10–16 (RMR)  
October 2–8  
November 6–12 (RMR)

#### **TEEN GATEWAY VOYAGE**

July 24–30

#### **Trainer Development and Assessment Program (TDAP)**

June 4–11  
November 5–12

## HEMI-LYNC Making Global Connections

*Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the*

*Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.*

### Appearances

The 1999 symposium on "The Effects of Ions, EMFs, and Magnetism on the Human System" was held March 18–19 in Toronto, Ontario, Canada. James B. Beal, a member of The Monroe Institute's Board of Advisors and Professional Division, delivered an address on "Field Effects Associated with Living Systems." Jim drew attention to Hemi-Sync's potential for relieving stress—a major contributor to the severity of environmentally induced autoimmune syndromes.

### Books

The following titles are available from Interstate Industries, Inc. Robert A. Monroe's trilogy:

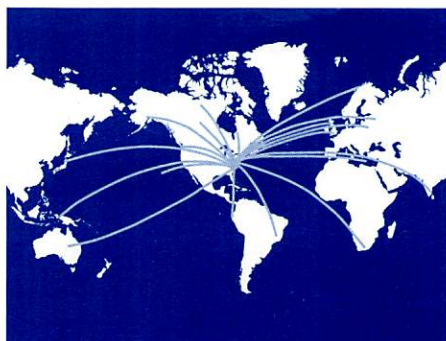
#### **JOURNEYS OUT OF THE BODY FAR JOURNEYS ULTIMATE JOURNEY**

*Healing Myself*, by Gari Carter  
*Mind Trek*, by Joseph McMoneagle  
*Using the Whole Brain*, edited by Ronald Russell

### Electronic Lyncs

Refer to **CYBERSPACE VOYAGERS** for a complete listing of

TMI and TMI-related "net surfing" addresses.



TMI is now featured on the Internet Mall™, **FIRST FLOOR: Online Music Shop.**

**New Books**  
TMI  
Professional  
Member David

Atkinson was diagnosed in 1991 with a motor neuron condition that strongly resembled Lou Gehrig's disease, which is considered incurable. In *Hope Springs Eternal: Surviving a Chronic Illness*, David tells how he used traditional and alternative treatments, suggestions from the Edgar Cayce readings, and Hemi-Sync to slow and reverse most of his debilitating symptoms. He now devotes his life to helping others with similar "hopeless" prognoses. The book is \$12.95 in softcover from the A.R.E. Press, Virginia Beach, Virginia, or from Baar Products, Inc., (800) 269-2502.

The intrepid group of Explorers who collaborated with Bob Monroe in his early investigations of human consciousness and nonphysical reality laid the foundation for The Monroe Institute as it exists today. In *Cosmic Journeys: My Out-of-Body Explorations with Robert A. Monroe*, Rosalind A. McKnight (Explorer ROMC) tells the inside story of those formative years with warmth, wit, and style. *Cosmic Journeys* is \$13.95 in softcover from Hampton Roads Publishing Company (HRPC), (800) 766-8009, and includes a foreword by Laurie A. Monroe.

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## Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. **Please inform us promptly of changes in location and phone/fax numbers.** Call (804) 361-9132 if you wish to be removed from the list.

### AUSTRALIA

#### ADELAIDE, S.A.

Clive Elms  
Dara Gorecki  
(61) (8) 8276-3367  
Calire Ezrac  
(61) (8) 8346-7936

#### SYDNEY

Ashle Trucano  
(41) (2) 9953-1155

### BELGIUM

#### THIMISTER

Patrick Bartholome  
(32) (87) 44-70-70

### CANADA

#### HALIFAX, NS

Tom Tasse  
(902) 443-2692

#### TORONTO, ONT

Blair Swanson  
(416) 694-2908

#### VANCOUVER, BC

Carol Biernat  
(604) 261-2840

### CYPRUS

John Knowles &  
Linda Leblanc  
(357) (6) 621272

### DENMARK

#### COPENHAGEN

Jan Caroc  
(45) (33) 255313

#### STOVING

Kim Notholm-Larsen  
(45) 98385751

### ENGLAND

#### CAMBRIDGE

Sue Pitman  
Tel (223) 843164  
Fax (223) 515091

### IRELAND

#### KELLS

Jim & Lana Phillips  
(353) (46) 49610

### JAPAN

#### TOKYO

Kanji Nakai  
Tel (03) 5471-2502  
Fax (03) 5471-2972

### SCOTLAND

#### NEW GALLOWAY

Jill and Ronald  
Russell  
Tel/Fax (44) (1644)  
420357

### U.S.A.

#### ARLINGTON, VA

Mark Gemmell  
(703) 522-8663

#### BETHESDA, MD

Helene N. Guttman  
Tel/Fax (301) 656-  
8980

#### BUTTE, MT

Leo McCarthy  
(406) 494-3567

#### CHARLOTTE, NC

Rebecca Nagy  
(704) 588-4623

#### DAVIDSON, NC

Norma Atherton  
(704) 892-7000

#### ENGLEWOOD, CO

Daniel K. Meyer  
Kimberly Miller

(303) 740-8053

#### FAIR OAKS, CA

Edy Harrington  
(916) 967-7998

#### FINESVILLE, NJ

Pete Ennes  
(908) 995-9493

#### HENDERSONVILLE, NC

Joe Gallenberger  
(704) 693-4721

#### INDIANAPOLIS, IN

Shawn Casey  
(317) 852-7727

#### LAMBERTVILLE, MI

Eileen Tucker  
(313) 856-5251

#### LINCOLN, MA

Steve Ullman  
(617) 259-9870

#### MT. JULIET, TN

Art and Jan Flint  
(423) 988-0104

#### NEW YORK, NY

Ross Jacobs  
(212) 929-0661

#### AI SWADICHUTO

(212) 228-3298

### PALMER, AK

Ross Perrine  
(907) 746-6443

### PASO ROBLES, CA

Leland Beck  
(805) 237-8949

### PHILLIPS, ME

(after 5/15/99)  
C.J. & Stella  
Stevens

(207) 639-2501

### PORTLAND, ME

Joe Harrington  
(207) 773-0291

### PORTLAND, OR

Clayton Morgan  
(503) 238-0137

Bill Oakes  
(503) 628-3150

### RENTON, WA

Peggy O'Hare  
(425) 641-4535

### ROSWELL, GA

Chase Carey  
(770) 388-0350

### SAN MATEO, CA

Chow Chow  
Imamoto

(415) 341-1955 (r)  
(415) 344-1822 (w)

### SILVER CITY, NM

Marion Light Ray  
(505) 388-5782

### STONE MOUNTAIN, GA

Gretchen Jaccino  
(404) 716-5857

### SURFSIDE BEACH, SC

(until 5/15/99)  
C.J. & Stella  
Stevens

(843) 215-1097

### TEMPE, AZ

Marcie A. Katler  
(602) 968-3021

### TOLEDO, OH

Eileen Tucker  
(313) 856-5251

### TULSA, OK

Bruce W. Freeman  
(918) 742-0743

### WALLINGFORD, CT

Mike Cei  
(203) 265-9851

## Hemi-Lync

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Even as a child, Angela Thompson Smith had the ability to "look" beyond the limits of time/space. *Remote Perceptions: Out-of-Body Experiences, Remote Viewing, and Other Normal Abilities* chronicles how she honed her talent and discovered its many practical applications. Angela gives concise guidelines for using "The Monroe Method" as an aid for developing extraordinary perceptual skills. She also discusses using the expanded states of awareness that the Hemi-Sync process makes available as stepping-stones to the out-of-body experience. *Remote Perceptions* is \$12.95 in softcover from HRPC.

## Correction

*The Ultimate Time Machine* (\$12.95, softcover) by Joseph McMoneagle may be purchased from HRPC rather than Interstate Industries, Inc., as we originally announced in the Winter 1999 TMI FOCUS.

## Magazines

"Students Sleep through Class to Earn an 'A'" by Stefan J. Kasian, AB, appeared in the 1999 Annual National Edition of *College Bound Magazine*. Stefan described the Hemi-Sync module of Duke University's full-credit course on the Ethics of Consciousness Technology. Hemi-Sync was used as an introduction to "flow states," which optimize peak performance in school and sports. TMI's website address was provided.

*En Grupo*, no. 2, April/May/June 1998, a Spanish magazine covering advancements in child education, published "Hemi-Sync: Una sutil tecnologia del sonido al servicio del aprendizaje escolar." The five-page article consisted of an interview with Professional Member and workshop presenter Carol Sabick, statistics demonstrating that Hemi-Sync enhances memory and attention, specific tape recommendations, and contact information for the Institute.

## Newsletters

The Society for Effective Affective Learning (SEAL) in Great Britain published "Hemispheric Synchronization: An aid to learning" in the *SEAL Newsletter*, Oct./Nov./Dec. 1998. Author Ronald Russell, MA, a member of TMI's Board of Advisors, gave readers a condensed overview of Hemi-Sync as an intervention in learning environments and included specific examples to pique the interest of the uninitiated. The Institute's address and phone number were listed.

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The *OUT-REACH* Trainers and facilitators listed on the *Expanded Workshop* insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.





**DOLPHIN ENERGY***Continued from page 5*

The families were advised to inform the medical caregivers before using Hemi-Sync and to use caution if patients had had seizures. The names of the patients and their relatives have been changed to preserve confidentiality. For information about participating in the Dolphin Energy Club, contact Shirley Bliley at (804) 361-9132 or [pd1dec@aol.com](mailto:pd1dec@aol.com)



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# TEEN GATEWAY VOYAGE

July 24-30, 1999

**Designed for teens and the tough issues and concerns they face today. This learning adventure provides tools for teen-participants to learn more about themselves and to facilitate a sense of wellbeing and balance.**

Opening your heart

Celebrating you

## Topics include:

- Stress management and deep relaxation
- Positive thinking and empowering your higher self
- Improving school and personal performance
- Communicating with parents and peers
- Caring for self and others
- Finding courage and releasing fear
- Decision making and goal setting

## GATEWAY GRADUATE RETREATS

These fabulous weekend programs are designed to recharge, relax, and expand your consciousness with like-minded TMI grads in your area. The GATEWAY GRADUATE RETREAT will reinforce your experience of Focus levels through 21 and beyond by giving you an opportunity to listen to advanced-Focus-level tapes. The RETREATS are led by Bob McCulloch, MA, who is the Institute's OUTREACH coordinator as well as a longtime TMI residential trainer. Enrollments are limited, so be sure to take advantage of this unique opportunity.

### 1999 Schedule

Virginia	April 16-18
Chicago	April 30-May 2
Oregon	June 18-20
Texas	October 1-3
New York	November 19-21

For further information, contact:

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